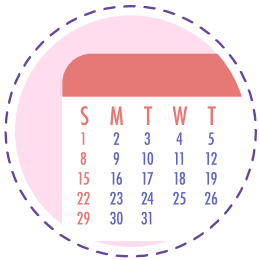
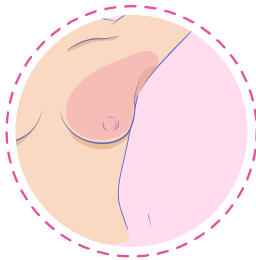




# TIPS FOR PERFORMING A BREAST SELF-EXAMINATION



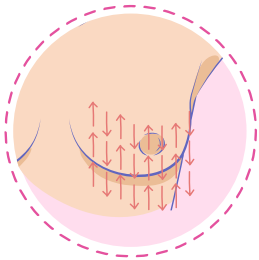
ONCE A MONTH, 2-3  
DAYS AFTER YOUR  
PERIOD



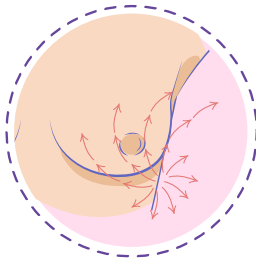
EXAMINE BREAST  
AND ARMPIT WITH  
RAISED ARM



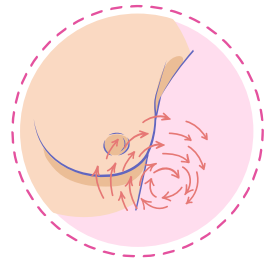
USE FINGER PADS  
OF YOUR HAND



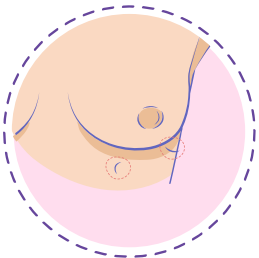
UP AND DOWN



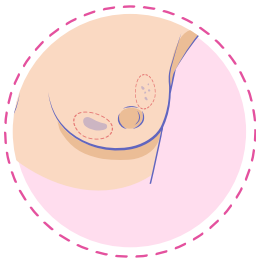
WEDGES



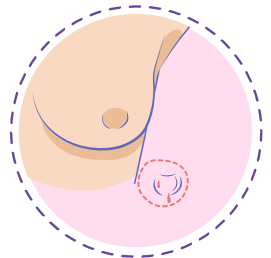
CIRCLES



EXAMINE BREASTS IN THE  
MIRROR FOR LUMPS OR  
SKIN DIMPLING...



...CHANGE IN SKIN  
COLOR OR TEXTURE...



...NIPPLE DEFORMATION,  
COLOR CHANGE OR  
LEAKS OF ANY FLUID